

DATINGMATTERS®

STRATEGIES TO PROMOTE HEALTHY TEEN RELATIONSHIPS

WHAT IS DATING MATTERS?

Dating Matters is a prevention model developed by CDC to stop teen dating violence before it starts. It includes prevention strategies for individuals, peers, families, schools, and neighborhoods. Dating Matters focuses on teaching 11-14 year olds healthy relationship skills early and reducing risky behaviors, like substance use and sexual risk-taking.

WHY YOU SHOULD CHOOSE DATING MATTERS



Dating Matters is EVIDENCE-BASED

During middle school, students who participated in Dating Matters reported less teen dating violence as well as other related outcomes, above and beyond the effects of another evidence-based prevention program.



Dating Matters is LOW-COST

CDC provides all of the tools and materials you need to implement Dating Matters at no-cost to communities, including free online facilitator training and ongoing support through a community of practice.



Dating Matters is INCLUSIVE

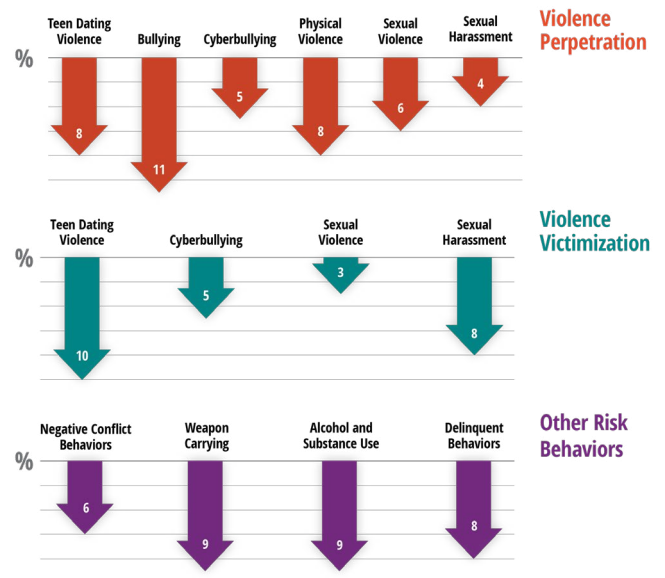
Dating Matters was developed and tested in racially and ethnically diverse, urban neighborhoods. The program materials incorporate images and perspectives to ensure inclusivity and representation of all young people.

THE NEED FOR DATING MATTERS

Dating violence is negatively affecting teens in your community every day and can have severe, short- and long-term consequences. Preventing teen dating violence is an important investment that can:

- Stop teen dating violence before it starts
- Promote healthy relationships that youth can carry into adulthood
- Create safer communities with less violence

DATING MATTERS® reduced risk for violence **perpetration** and **victimization** and **other risk behaviors** by 3-11%, on average, during middle school compared to another evidence-based program.



Learn more: www.cdc.gov/violenceprevention/datingmatters/science.html

"Investing in Dating Matters enables you to create a sustainable and lifelong change. We're starting to raise a generation who views violence as not okay and not normal."

– Prevention Lead

LEARN MORE:

www.cdc.gov/violenceprevention/datingmatters

ACCESS THE DATING MATTERS TOOLKIT:

<https://vetoviolence.cdc.gov/apps/dating-matters-toolkit>



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

DATING MATTERS CAN STOP TEEN DATING VIOLENCE BEFORE IT STARTS

Dating Matters is more than just a program. It includes **multiple prevention strategies** for youth and their peers, parents, schools, and neighborhoods to teach critical skills *and* create safe, supportive communities to help young people grow and learn.

WHAT WOULD IT TAKE TO START IN MY COMMUNITY?

CDC developed the Dating Matters Toolkit to give communities everything they need to kick off and sustain Dating Matters. In addition to all of the tools and program materials, the Toolkit also includes:

- A Guide to Implementation, to help local health departments or community organizations implement the model. It includes a range of guidance on topics from capacity building to evaluation, as well as information about cost.
- A Coaches Playbook, to provide guidance and training to people who will oversee the program facilitators.
- A free online training for youth and parent program facilitators, which includes a training manual with helpful tips and resources.
- An online community of practice to provide a space for staff to collaborate, problem solve, and share knowledge.

All materials were updated in 2019 to appeal to young people today! These resources are provided at no-cost to communities and include ongoing support from CDC's experts. Starting Dating Matters in your community has never been easier.



TESTIMONIALS

"Investing in Dating Matters enables you to create a sustainable and lifelong change. So, you have entire generations, entire communities, that are starting to reap the benefits of having children, young adults, and adults who don't choose to behave in violent manners."

– Prevention Lead

"I think Dating Matters has made it easier to have a good relationship with my parents because I'm not afraid to talk to them about things that I wouldn't normally have wanted to talk about before Dating Matters because I thought they might think that I'm not supposed to be thinking about that. But now, with the program, I know that teenagers my age do think about things like that in relationships. Dating Matters definitely improved our relationship."

– Youth

"I feel like not only has it empowered me, but it made me feel comfortable with being uncomfortable...It gave me tools and conversation starters and topics that I can discuss with my kids that I might not have wanted to discuss before, but they do it in a way that helps me not to be so uncomfortable."

– Parent

SEE HOW DATING MATTERS WORKS IN REAL COMMUNITIES!

Baltimore, MD

[Watch Video](#)

Chicago, IL

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Ft. Lauderdale, FL

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Oakland, CA

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